








Week 6: The Little Black Dress Challenge Food Diary



Name _____

| | DAY 36 | DAY 37 | DAY 38 | DAY 39 | DAY 40 | DAY 41 | DAY 42 |
|-----------|---|---|--|---|---|---|---|
| DATE | | | | | | | |
| WAKE UP | | | | | | | |
| BREAKFAST | | | | | | | |
| LUNCH | | | | | | | |
| DINNER | | | | | | | |
| SNACKS | | | | | | | |
| MOOD | | | | | | | |
| WATER |  |  |  |  |  |  |  |
| EXERCISE | | | | | | | |